

## Esther's Advice to intending secondees

- Have a positive mind set and passion about the program?
- Study the **CHECK LIST** sent by the ARISE project team very well
- Access secondment in teams. It saves costs like accommodation and feeding
- Avoid any rush, give time for the project manager time for your accommodation
- Always ask relevant questions and seek for help
- Prepare for funny weather and try to relax

### During your secondment

- Focused on acquire a new knowledge or skill everyday
- Try to accomplish the most relevant task every day, and tracked your progress
- I always want to hear feed backs because it strengthens and show your performance
- Culture differs yet, tried to make some friends and find time to relax